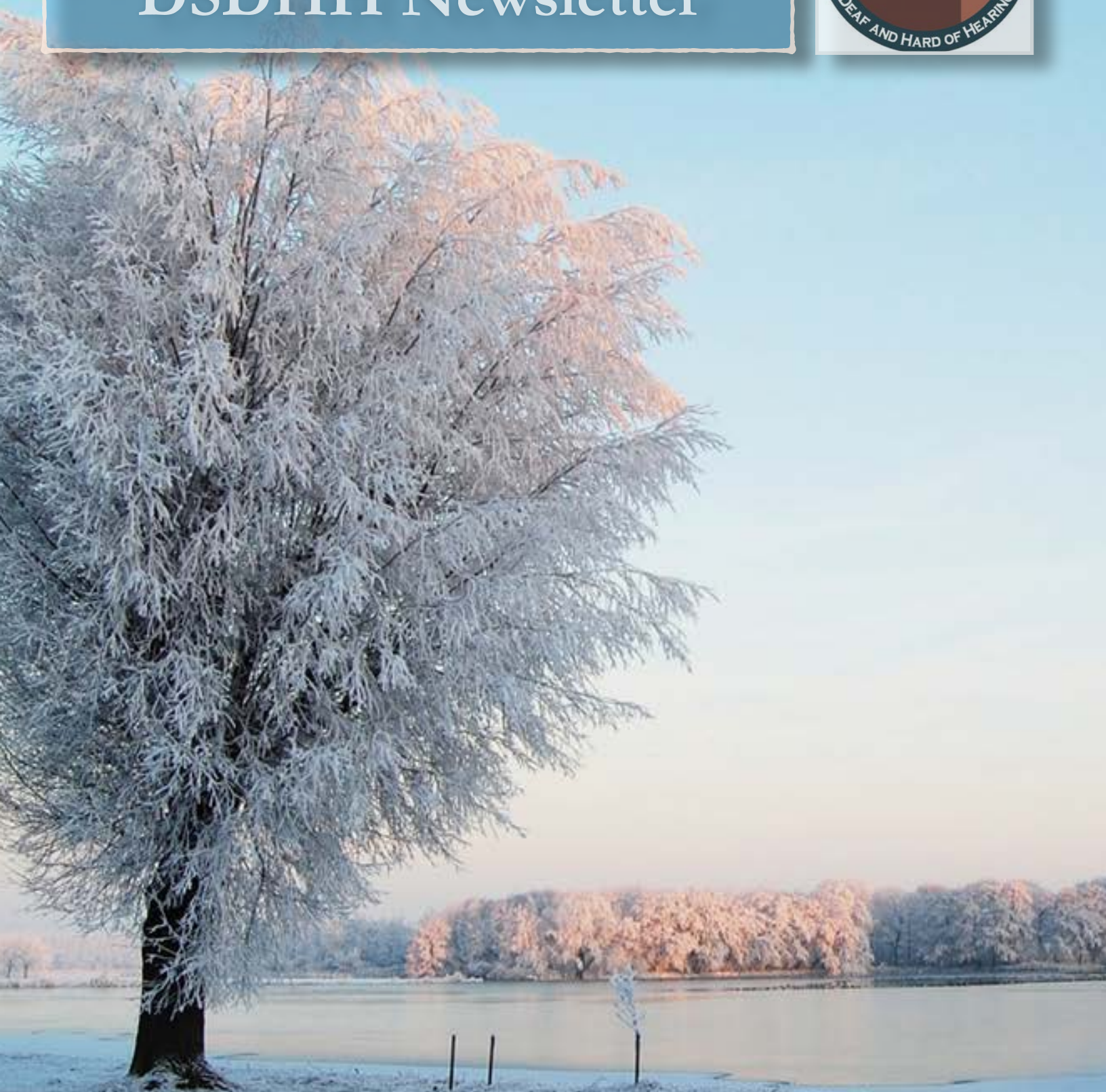


January 2016

DSDHH Newsletter



21st Year

Robert G Sanderson Community Center
of the Deaf and Hard of Hearing
5709 South 1500 West Taylorsville, UT
84123-5217

This information, presentation, class or other activity is provided at the Sanderson Community Center for interested individuals. The Sanderson Community Center staff encourages participants and individuals to consider all options and experiences and does not endorse nor recommend this specific information, presentation, activity or any individual class, product or service.

DIRECTOR'S DISCUSSION

by Marilyn Call

Happy 2016 Everyone !

It seems like it was Happy New Year for 2015 just 6 months ago! Why do the years fly by faster and faster the older we get? Some days I think it's because of increased memory loss!

This past year has been a challenging one. Changes because of last year's legislative audit of the VR program and many changes in the top leadership of USOR have made 2015 a year not to be forgotten. Challenges do make us stronger!

This year's legislative session will begin on January 25th. I believe it will be a difficult session so help from many advocates is needed. If you are interested in helping to create policies and programs instead of reacting after they happen, please get involved with us in the legislative process. This list is what we know will come up during the legislative session:

1. Discussion of, or actual passage of, a bill to move the governance of USOR.

This issue was supposed to be discussed during a meeting of the Social Services Appropriation Committee on December 15th. However, it was moved from the agenda and at this point it is unknown when and where this will pop up next. I will keep you informed. Thanks to the advocates who have written emails or postcards to draw attention how much we value our Deaf/Hard of Hearing community centers.

2. Funding increases for DSDHH

- a. \$25,000 for increased cost of rent for the St. George office – ongoing funds;

- b. \$50,000 for Hard of Hearing rural outreach program – ongoing funds;
- c. \$60,000 for funding to update ASL interpreter certification and training materials – one time funding;
- d. \$30,000 for an educational advertising campaign targeting Deaf/Hard of Hearing consumers who use hearing aids or cochlear implants. Advertisements will increase awareness of how hearing aids can connect with assistive listening systems such as the loop in important public places, i.e. auditoriums, churches, airports, taxis and ticket offices.

3. Possible bills affecting Deaf/Hard of Hearing people.

Interpreter Services Amendments – intention to add Cued Language to the Code. Is this a good idea or not? Sometimes people advocate to stop a bill from passing.

Are you on the Advocacy Email Blast list? If not please send your email address to Jenefer Reudter at jreudter@utah.gov. This is the best way to stay informed and become involved.



PROGRAM PROGRESS

by Joene Nicolaisen
Program Director

YEAR ONE Strategic Plan Update

Happy New Year everyone! I am pleased to share with you the annual update on the Three Year Strategic Plan Progress. It is hard to believe it has been just over one full year since the plan was developed. In November, we called back the original committee members who helped develop the plan to update them on the progress. We appreciate this committee's time in helping us. Now I am excited to share the progress with you! If you have ideas and suggestions for improving our programs and services, please let me know! You can email me at jfnicolaisen@utah.gov.

As with any strategic plan we have had many accomplishments and some goals that we discovered needs additional support or adjustments and some are not needed anymore. I have listed some of the highlights below:

Technology Needs:

Accomplishments -

- Improved public access to information by consistently posting information on our social media outlets such as FaceBook. Created a Public Relations contact list to be able to distribute announcements to the Utah community.
- Use video logs (Vlogs) more consistently as part of our advertising. We have had a large increase of people attending events since we began using Vlogs!
- Create the capability to do Webinars: We now have a system to run "online classes/presentations." We hope to offer these soon!

In Progress:

- Improve Division of Services to the Deaf and Hard of Hearing (DSDHH) website - USOR has hired a web designer who will be working with our Technology Committee to re-design the DSDHH website. That should happen in early 2016. In the meantime we are making small changes to make things easier to navigate.
- App development - This goal is to create a mobile friendly application that people can use to look up information such as events happening at the centers, hearing loss information, etc. This

Community Needs:

Accomplishments -

- Created a General Survey for people from the community to fill out to give us ideas for new programs, classes and events. The survey also

- asks for people who may have a skill or talent they could share by teaching a class or presenting. We have gotten many responses that will help guide us. The survey can be found on our website if you would like to participate: www.deafservices.utah.gov
- Expand services to more urban areas starting with Provo and Ogden. We have a list of facilities that could be used to provide workshops, classes and events. The next step is to identify people in the area that would be liaison event coordinator to help us with coordination since they know their areas well. Employment and case management services are available to these areas by appointment.

In Progress -

- Improve transportation to the Sanderson Center. We contacted UTA to see if a bus stop could be added in front of the center. Our request was denied due to the narrow street design. We are exploring a possible grant with UTA to be able to provide rides to the center. This will be explored during 2016.
- Prevent isolation to deaf and hard of hearing individuals by creating a companionship program. Also, create a role model program for deaf and hard of hearing students. This goal is on hold until more staffing can be obtained to assist.

Parent Support Needs:

Accomplishments -

- Increase Programs: There has been an increase of family events since the new Community Education and Events Coordinator joined the center. A few examples are the Family Dance night and

(continued from Page 3)

- the Fall Harvest Night. These events are an excellent way for parents who have deaf and hard of hearing children or deaf parents to connect and network by sharing information and resources.

In Progress -

- Distribute Equitable Information for Parents: This goal was driven by the idea that more and diverse information needs to be presented to parents when they learn their child has a hearing loss. Most information now is given by professionals

in the medical field and is limited. The Utah Association for the Deaf (UAD) is exploring the idea of taking this goal and creating a method of providing information that includes deaf programs, communication options, etc. UAD is also looking into sending a representative to the (Early Hearing Detection and Intervention (EHDI) meetings to share information with the members about communication, education and socialization options so they are well informed when giving information to parents.

Busy Building

By Jennifer Reudter

Happy New Year! We hope that the New Year of 2016 brings you happiness with new and exciting things for you and your family.

With the beginning of 2016, there are many exciting things coming up! Some of the busy months ahead include the legislative session which begins on January 25th and continues to March 10th, in February through tax day, we offer VITA – Volunteer Income Tax Assistance - which is the FREE tax preparation by volunteers to those who qualify at the Sanderson Center and the beginning of new community classes. There are also many fun events already being planned for the spring and summer so be sure to check our monthly newsletters

and check our website often! If you are not on our email blast, be sure to sign up! You can sign up by visiting our website deafservices.utah.gov and then select “NEWSLETTERS” and click “SUBSCRIBE NOW” and enter your email address. Your email address will be used to receive the monthly newsletter as well as announcements and information about upcoming events happening at the Sanderson Center.

We love to have visitors at the Sanderson Center so come visit us and be sure to always sign in using the iPad at the front desk to help us to know the many reasons why you visit the Sanderson Center. If you have ideas of ways that we can improve or make your visits better at the Sanderson Center, please send us an email or stop by and let us know. We want to know how to better serve you. We look forward to the new year and the adventures ahead!



Deaf Developments

– Mary Beth Baierl, Community Education and Events Coordinator

The New Year has arrived and the Sanderson Community Center is deep in the planning mode for 2016. Our heads are spinning with limitless options. In addition to our ideas, we want to turn to the wonderful community for ideas too! We want to assess what community needs and wants and also learn of possible resources (teachers, presenters, etc.). To do this we have created a short survey. If you have not yet completed our new General Community Survey, please

take a moment to do so. We value your feedback. The results will be factored into the overall scoring process that will demonstrate the community needs. And we can always learn from the feedback and make improvements for our future. We encourage everyone's participation!

Here is the link: <http://deafservices.utah.gov/survey>

DSDHH & USDB Activities

JANUARY 2016						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Happy New Year! CLOSED	2
3	4	5 USDB Boys Basketball Game	6 Senior Citizens Tinnitus Class	7 Speechreading	8	9 Sewing Potpurri
10	11	12 ASL Classes CASE Classes	13 Senior Citizens Legal Clinic Tinnitus Class	14 ASL Classes Speechreading USDB Boys Basketball Game	15	16 Circle of Friends
17	18 Martin Luther King CLOSED	19 ASL Classes CASE Classes USDB Boys Basketball Game	20 Senior Citizens Advisory Council Tinnitus Class	21 ASL Classes Speechreading	22	23
24	25	26 ASL Classes CASE Classes	27 Senior Citizens Tinnitus Class	28 ASL Classes Speechreading	29	30
31						

For more information about a class or event, including times or to register for an event or class, refer to our website www.deafservices.utah.gov, Facebook or call at 801-657-5200

Do you want to learn

Division of Services to the Deaf
and Hard of Hearing
Sanderson Community Center
5709 South 1500 West
Taylorsville, UT 84123



American Sign Language?

ASL I

The course covers basic vocabulary at a fairly slow pace and is required the purchase of a \$20 book: "*Signing How to Speak with Your Hands*" by Elaine Costello. The book can be found at the UAD bookstore or on Amazon.com.

January 12 — April 7

(30 students)

6:30pm—8pm

Tuesdays or Thursdays

ASL II

The course demonstrates basic ASL grammatical rules (facial expressions, body language, body shifting, listing, different categories of classifiers, and gesturing).

January 12 — April 7

(22 students)

6:30pm—8pm

Tuesdays or Thursdays

ASL for Children — Age range: 6-11

The course covers basic vocabulary and different topic categories (animals, colors, food, etc). The children will learn through games, role playing, and videos.

January 12—April 7

(15 students)

6:30pm—8pm

Tuesdays or Thursdays

Limited number of seats — please register by January 8, 2016

Contact Patricia Lowry at plowry@utah.gov

GAME TIME

Play, Learn, and Grow Together

Saturday

January 16, 2015
9:30am – 3pm



Valentine Party

Bringing the community together

Saturday

February 13, 2015
9:30am – 3pm



St. Patrick Party

Learn more about history and fun facts

Saturday

March 9, 2015
9:30am - 3pm



CASE MANAGEMENT CORNER

Happy New Year!



Five New Year's Resolutions That Will Help Change Your Life

Wow its now 2016! We all make new resolutions or we try to! I was trying to decide on my resolutions and found an awesome article. The article was written by Shane Robinson. He writes articles for Forbes magazine. To see the full article go to forbes.com. This gave me some SIMPLE resolutions I know I can commit to! I hope these will be handy for you too.

1: Smile more. Do you know the simple act of smiling can make you happier and healthier, even if your smile is a forced one? Smiling activates the release of dopamine, endorphins and serotonin. These are neurotransmitters that help reduce stress and elicit positive emotions. Smiling is also contagious. Try it, SMILE more for a day and see how your day goes and how you feel at the end of the day. Shane Robinson states "when you smile, you may appear more inviting, attractive, relaxed and sincere to others."

2: Maintain a health and fitness regimen. Shane says "the health impacts of regular physical exercise are widely known. Exercise reduces stress, fights disease and improves mood, energy and sleep."

3: Schedule personal time. We often make schedules for work, kids after school activities and meetings, but almost never schedule "ME" time. Shane mentioned in his article "there is a growing body of evidence suggesting that the most productive people are not actually the busiest but rather those who prioritize their free time—for personal passions, for family, for activities completely unrelated to their jobs."

Researchers have been concluding, the best way to improve performance and focus is to reserve time to refresh yourself. In 2016 make sure you remember to schedule a little bit of time for YOUR passions.

4. Don't commit to things you can't do. Have you ever felt like you have to say maybe or yes to an activity, even when you know that you wouldn't be able to do it? Just say NO. We all try to commit to

things even when we know we won't be able to so that we don't disappoint the other person. However, by saying No you are more likely to have less stress. Shane Robinson said "Not overextending yourself will save you time and frustration down the road, and when you do commit, you'll actually follow through."

5. Use your calendar. To keep yourself organized and accomplishing your goals, make a personal to-do list. Make sure you SCHEDULE your goals/task in a calendar. Shane stated "Managing your to-do list online, paper, or app calendar will ensure that you are prioritizing your most important tasks." Even adding time for reading the news and books in the calendar will remind you of your goal/task and you will eventually do it.

Start 2016 by getting a calendar, whether it is an online, paper, or app and then assign times to your goals/task and personal to dos on the calendar. Remember be flexible and continuously reprioritize your goals based on importance.

I hope these five resolutions can help you achieve your own resolutions! May you have a Happy and Smiling New Year 2016!

DSDHH Case Management Team:

Stephen Persinger: spersinger@utah.gov - 801.657.5204 VP

Annette Stewart: ajstewart@utah.gov - 801.657.5226 VP 801.263.4892 V

Joene Nicolaisen: jfnicolaisen@utah.gov - 801-657-5218 VP

Do you need **HELP** with your **HEATING COSTS** this winter?

January 20, 2016 9 AM - 1 PM
Sanderson Community Center 5709 South 1500 West Taylorsville, UT

*The Home Energy Assistance Target (HEAT) Program is a federally funded assistance program administered through the State of Utah to help low-income households with home energy costs.

To Qualify

- ▶ Must be at or below 150% of federal poverty level
- ▶ Must be responsible for the utilities
- ▶ Household must have at least one person who is a US citizen or qualified alien

To schedule appointment or have questions
contact one of the following:

- ▶ DSDHH Front Desk: 801-657-5200 vp
- ▶ 801-657-5209 or lauriebishop@utah.gov
- ▶ Your Case Manager





PRIMARY CARE NETWORK

Open Enrollment for all eligible adults

PCN covers primary care services:

- Visits to a primary care provider
- Four prescriptions per month
- Dental exams, dental x-rays, cleanings, and fillings
- Immunizations
- Eye exam; no glasses or contacts
- Routine lab services and x-rays
- Emergency room visits (*restrictions apply; see PCN Member Guide*)
- Emergency medical transportation
- Birth control methods
- Eye exam; no glasses or contacts
- Routine lab services and x-rays

Do I qualify?

Depending on your family size and income, you may qualify for PCN.

Maximum Income Guidelines*		
Family Size	Per Month	Per Year
1	\$932	\$11,182
2	\$1,262	\$15,134
3	\$1,591	\$19,086
4	\$1,920	\$23,038
5	\$2,250	\$26,990
6	\$2,579	\$30,942

*March 2015. (Guidelines change every year)

Do you need help with filling
out the form?

Contact your Case Manager
or

lauriebishop@utah.gov
spersinger@utah.gov
ajstewart@utah.gov

You must also be:

- Age 19 through 64
- U.S. citizen or legal resident
- Uninsured; not covered by any health insurance
- Not qualified for Medicaid
- Not have access to student health insurance, Medicare or Veterans' Benefits

To learn more and apply: health.utah.gov/pcn/index.html

HARD OF HEARING HAPPENINGS

by Chelle George

How to Build Self-Confidence as Hard of Hearing

Many people with hearing loss have low self-confidence. It is possible to take charge of hearing loss (instead of hearing loss ruling life) and build self-confidence up again. Begin building confidence in your personal environment. Starting small, choose something comfortable to work with and simply start.

Some of the suggestions for building confidence below require interaction with other people so make sure you have the right attitude. Make a pledge to be passive NO more and practice being assertive instead. Passive behavior is staying in the background not wanting to cause problems. Being assertive means to let people know your communication needs and ask for their help. Avoid being aggressive and demanding.

Here are some suggestions to work with.

Know your hearing loss. Educate yourself about your kind of hearing loss, why? To be able to describe to other people how you hear. Once you know this, you can accurately tell others how best to talk to you. This might seem hard at first but it gets easier with time and you will become more confident asking for accommodation.

- “Please face me when talking; I hear better when sound comes straight at me.”
- “I lipread, please face me.”
- “Background noise affects my hearing; can we turn the radio off or down?”

Educate yourself about Assistive Listening Devices (ALDs). Which ones work better for certain situations? Which public venues have devices to use? Ask for them, use them. Try them out first by getting a loaner from DSDHH so you know what works best for you.

- The PockeTalker for a long drive?
- The FM system for a wireless connection at a presentation?
- How about trying the CaptiView at the theater?

Be prepared, anticipate. Think ahead. Where are you going and what will be the listening conditions? What can you do to make it better? With anticipation it's easier to get around the hearing loss obstacles and in learning this, we can feel more confident about doing new things.

- Take an assistive listening system?
- Show up early to get the best possible seating?

- Contact someone a head of time to find out the setup and let them know what you need?

Set a small goal and achieve it. Start small, think of one thing you can do to put yourself out there again. The small successes will make you braver and you can build on your goals.

- Go to a presentation with a personal FM system and ask the speaker to wear it. (Show up early to talk to the presenter or email ahead of time.)
- Go to a class offered by DSDHH such as Speechreading, beginning sign language or Living with Hearing Loss.
- Go to one of the live captioned Broadway shows.

Change a habit. It will seem hard at first but it will get easier with practice. Be patient with yourself and others but keep at it. Habits are hard to break but it can be done.

- Be upfront about your hearing loss.
- Ask people to rephrase instead of repeat.
- Mimic the way you want others to talk to you. Articulate with a moderate pace and always face them when talking.

Say what the heck and do it anyway. We tend to hole up and stay in our comfort zones. Once in a while say “yes” I’ll do it. Get out of your comfort zone and give it a try. If it doesn’t pan out the way you planned, think about it. What could you do next time to make it better? What might seem like a failure could be a step to a success.

- Go out to eat at a restaurant by yourself and practice ‘hearing’ alone.
- Go to that party you usually avoid if only for an hour. Practice being assertive with your communication needs.
- Go to see a movie and ask for an ALD.

Volunteer. Sometimes helping others is just what we need to feel better.

- Volunteer for a hearing loss cause. There are several organizations to volunteer

(continued from Page 10 - Build Self-Confidence)

with; The Hearing Loss Association of America, Association of Late Deafened adults and the SayWhatClub.

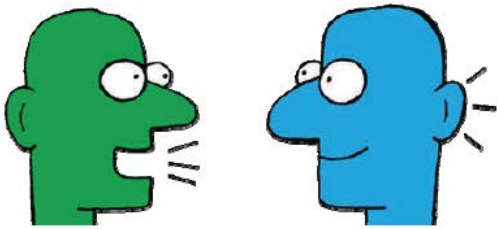
- Volunteer with hospice services. People in hospice care are Deaf and hard of hearing too.
- Offer your specialty services with any organization and help teach them about hearing loss along the way.

When you advocate for yourself you will become more confident and self-assured. In gaining confidence within your personal

environment, you can take it to the next level and advocate in public. Later, you may even feel confident enough to advocate at the legislative level as well.

Remember, you catch more flies with honey than vinegar. Be gentle with communication requests and don't give up. As Dr. Seuss said, "And will you succeed? YES! You will indeed, 98 and $\frac{3}{4}$ percent guaranteed. Oh the places you'll go!"

Living with Hearing Loss



Join us for a free, 7-week educational class about how to live with your hearing loss

When:

Every Wednesday January 6 through February 10, 2016
From 9:00 to 10:30am.

Location:

Kearns Senior Center 4851 West 4715 South Kearns, UT 84118

For more information contact Lisa Schofield at 385-468-3100
Class will be taught by Chelle Wyatt from the Division of Services to the Deaf and Hard of Hearing

When:

Every Wednesday **Jan 6 through May 11, 2016** From 10:30am-Noon.

Location:

The Millcreek Senior Center 2266 East Evergreen, Salt Lake City, UT 84109
For more information, contact Rebecca Barley: rbarley@slco.org
or call 385-468-3305

Class will be taught by Kathy Evans from the
Division of Services to the Deaf and Hard of Hearing

Speech Reading

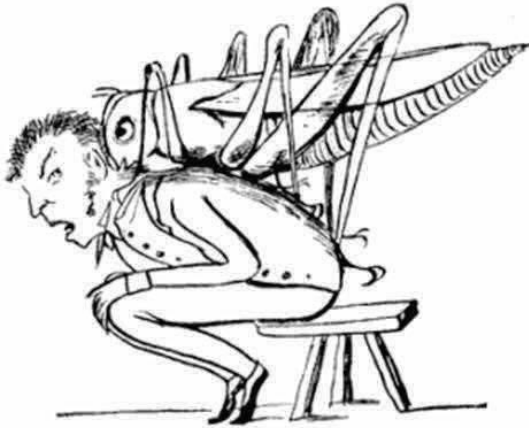


Classes will be taught in spoken English. If any ADA accommodations are needed, please let your instructor know when you



The following classes will be taught by *Chelle Wyatt*, at the
Sanderson Center for the Deaf and Hard of Hearing
5709 S 1500 West, Taylorsville

Is Tinnitus Bugging You?



Come to a free, four week class and learn
The definition, sounds and cycles
Causes of tinnitus, type of hearing loss & various
diseases
Coping Skills
Treatments
January 6, 13, 20 & 27, 2016 from 6 – 7:30 pm



Classes will held on Thursdays,
Jan 7 through March 3, 2016
from 6 – 7:30 pm.

Non-verbal communication
Awareness of speech clues
Understand phonetics 7
homophones
Speech Development
Non-verbal drills

For more information you can contact Chelle at: chellegeorge@utah.gov

Registration is required! Register online

<http://deafservices.utah.gov/registration>

Class will be taught in spoken English.
If any ADA accommodations are needed, please request at the time of registration.

Donations, Donations, Giving, Giving are the best gifts!

By Robin Traveller

For the past 2 years, the items shown in the picture below were made with tender loving care by our local Deaf seniors. Some were made by woven fabrics, some were quilted, and some were crocheted by hand, all donated by several people. Such beautiful gifts!



*L-R: Top row: shawls, baby bibs, neck rolls, and pillow case
Bottom row: huge tapestry bags, more shawls, newborn quilts, baby quilts, lap quilts, twin bed size quilts, and dog/cats pads for them to lie on*

With suggestions from DSDHH Staff, a few local organizations were contacted and they donated several items . Here are the results!



Sego Lily Center of the Abused (SLCAD)



Circle of Friends



Jean Massieu School of the Deaf



Here is a big THANK YOU to my seamstresses: Nancy Li, Maria Cole, Winona Anderson, Ana & Abel Martinez, Eli McCowan, Lila West, Kathleen Peebler, Ella Williamson, and not to mention any others who helped! We will start again at the beginning of 2016. This project is now called **Warming Hands**.

I asked the ladies in the pictures of ideas to make for next Christmas and they suggested scarfs, small hoody, footsies, gloves, and hats. If you would like to volunteer your time or if you would like to donate yarn and/or fabrics, please let me know at rtraveller@utah.gov



Waving hands to Warming Hands!

Learn Sign Language and Build Your Brain Power



Sign language classes for people who are Hard of Hearing & Late Deafened and their Families,
Co-Workers, Friends, and People who are losing their hearing

Beginning CASE [Conceptually Accurate Signed English]

Classes on Tuesdays, January 12 to March 1, 2016

from 6 pm-8 pm

Advanced CASE [Conceptually Accurate Signed English]

**Classes on Tuesdays, January 12 to March 15, 2016
[10-week class]**

from 6 pm-8 pm

**Where: Sanderson Community Center
5709 South 1500 West, Taylorsville**

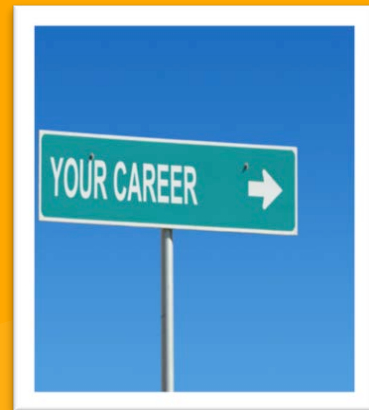
Registration is required! Go to our website <http://deafservices.utah.gov/registration>

1,000 Signs of Life book is required for the first day of class. You can purchase the book for \$15.00 from the teacher.

**Class will be taught in spoken English and basic CASE/ASL.
If ADA accommodations are needed, please let us know when you register.**



Employment Enjoyment



Good References for Jobs!

What are job references??

- A person who's willing to talk to possible employers about your job skills, abilities, background and general character in a positive way.

TIPS

- Never list names of references on your resume.
 - References should be on a separate sheet of paper and titled as "References" or "Reference List"
 - Never give references to employers until asked but make sure to bring a list with you when interviewing so if asked, you can give it to the interviewer.
- Think about WHO you want to choose as your references. BEST people to ask are people who have worked with you, seen your work and will talk about your strengths and skills. These can be supervisors, former co-workers or supervisors in other depts. that know your work.
 - If you don't have work experience, you can list internships mentors, teachers, coaches, etc.
- Try to have about 3-5 references- people who can talk positively about your accomplishments, skills, education, performance and ethics.
- Ask for permission to use someone as a reference.
 - Ask them if it's ok to use them as a reference.
- Get all the details of the references.
 - Full name, current job title, company name, address, contact info.
- Thank them for their support.

Need help finding a job?

Having problems at your job and need advice?

Contact me and I can help.

Contact Information:

PAMELA MOWER

Statewide Employment Specialist

Email- pmower@utah.gov

VP- 801-657-5223

SCHEDULE

Tuesdays: Ogden VR office

Other days at either :

Sanderson Center office in Taylorsville

Or Lehi DWS office

SUNNYSIDE SAINT GEORGE



ASL Classes

St. George: Starts Jan. 19

Tuesday: Beg.

ASL 5:30-7:00PM

Wednesday:

Intro ASL: 5:30-7PM

Advanced ASL: 5:30-7:00PM

Cedar City: Starts Jan. 12

Tuesday:

Intro-5:30-7:00PM

Advanced- 7:15-8:45PM

Thursday:

Beg. 5:30-7:00PM

Hilldale: Starts Jan. 7

Thursday: Intro ASL 3:30-5:00PM

NO CLASS JAN.28 FOR HILLDALE

To RSVP for any of these

locations or for more

information, please email

tharding@utah.gov or call 435-652-2453 V.

Jan. 7-Bowling meeting. See attached flyer

Jan.8-Bowling day. See attached flyer

Jan.13-Senior game day

Jan. 20-ASL craft. See attached flyer for info.

Jan.21-Sego Lily event. See attached flyer

Jan. 28-Garden class. See attached flyer

Jan.29-DSU performance of The White Whale. See attached flyer for details.

Visit our Facebook page for more info!

"Southern Utah Deaf and Hard of Hearing Program"

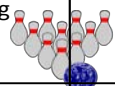




JANUARY

"OUR MISSION IS TO ENHANCE THE QUALITY OF LIFE FOR PEOPLE WHO ARE DEAF OR HARD OF HEARING BY PROVIDING EDUCATION, ADVOCACY, AND ACCESSIBLE SUPPORT SERVICES"



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

					1 New Year's Day OFFICE CLOSED	2
3	4	5	6	7 Bowling meeting Hilldale ASL classes start	8 Bowling 	9
10	11	12 Cedar City ASL classes start	13 Senior Citizen game day	14	15	16
17	18 Martin Luther King Day OFFICE CLOSED	19 St. George ASL classes start	20 ASL Craft 	21 Sego Lily event	22	23
24	25	26	27 	28 Garden class	29 DSU The White Whale 	30

Southern Utah Deaf and Hard of Hearing Programs

1067 E. Tabernacle, Suite 10 St. George UT 84770

(435) 652-2453 voice

(435) 216-9305 VP

SUDHHP@utah.gov

For more info. on state services : www.deafservices.utah.gov



Southern Utah

FREE ASL CLASSES



Southern Utah Deaf and Hard of Hearing Program 1067 E Tabernacle #10

January 19-April 21

Tuesday's Schedule: Beginning ASL 5:30-7:00 Intro to ASL: 5:30-7:00pm

Wednesday's Schedule: Advance ASL 5:30-7:00 pm

Hildale ASL Classes held at 250 E Newel AVE. Rm 102 , Phelps Elementary

Starting January 9th, every Thursday 3:30-5:00pm with one Thursday off each month. No classes held Jan 28, Feb 18, or March 10.

Cedar City ASL Classes held at 303 North 100 East, Cedar City Library

Starting January 12 through April 14, 2016

Tuesday's Schedule: Intro ASL 5:30-7:00pm Advanced ASL 7:15-8:45pm

Thursday's Schedule: Beginning ASL 5:30-7:00 pm

To Sign Up for any of the listed classes please contact

Tiffany at 435-652-2453 or email tharding@utah.gov

Please request ADA accommodations at the time of registration.

DO YOU LOVE BOWLING?
WANT TO HAVE A BOWLING CLUB IN
SOUTHERN UTAH ?
JOIN US FOR A MEETING!



When: Thursday, January 7th 2016

Time: 6 PM—7 PM

Location: Southern Utah Deaf/HH Program

For more information:

Contact:

Drew Miller

Dayna Powell

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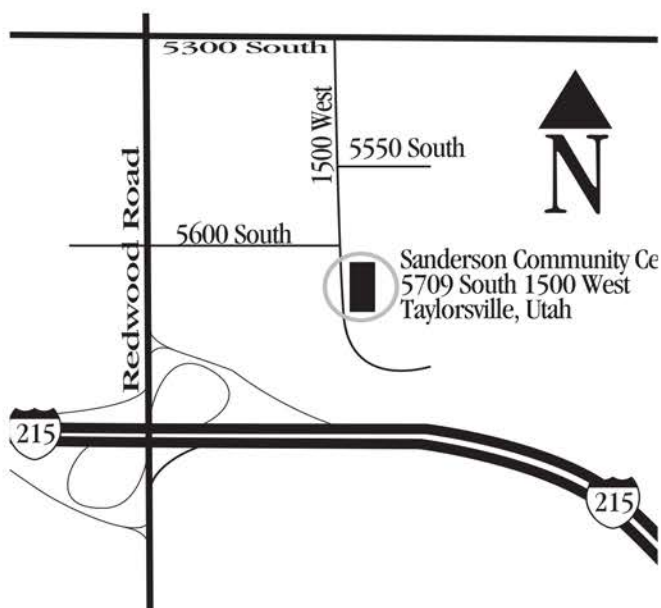
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information online at:
WWW.DEAFSERVICES.UTAH.GOV

Mission Statement

*To provide opportunities and programs to individuals who are deaf or hard of hearing which
enhance or maintain the skills necessary to fully participate in their employment, family and community.*